



**Name of Project:** J.L. Turner Lifelong Learning Center of SCI/Bellevue YMCA

**Name of Organization:** Senior Citizens, Inc.  
Nashville, TN

**Choices for Independence Principle:** Empowerment/Access to Information, Providing More Choices for At Risk Individuals/Community Living

**Description of Program or Project:**

The J.L. Turner Lifelong Learning Center of SCI/Bellevue YMCA is the first of its kind in the nation. It is a partnership between the YMCA and Senior Citizens, Inc. Since 1956, Senior Citizens, Inc. has been Middle Tennessee's premier agency serving persons 55 years of age and older. The organization provides group and individual activities and services to support an independent lifestyle and foster dignity and self worth. Senior Citizens, Inc. is committed to keeping seniors independent in their own homes as long as possible

The J.L. Turner Lifelong Learning Center of SCI/Bellevue YMCA building was ten years in the making with both parties raising the funds to build it. The state-of-the art facility includes wireless access, a fitness room, classrooms, internet café, walking track designed to accommodate individuals with disabilities, and accessible swimming pool. Intergenerational activities are available and the seniors participate fully. Classes offered include Tai Chi, computer classes, wellness classes, dance lessons, 600 participants in Silver Sneakers exercise class, art classes, education classes, grief counseling, Yoga, Weight Watchers meetings, chorus, card playing, and an array of activities six days a

week and some night classes. The YMCA offers all levels of exercise classes. The Senior Center offers social events and community outings.

The Center's "Living at Home Programs" offer Choices for Independence, a full range of services to nearly 1,000 frail elderly persons each year. These individuals are able to remain in their homes through care management support and such assistance as food, housing, transportation, health care, counseling, and conservatorship. Some of the programs included are:

- Adult Day Services
- Meals on Wheels
- Respite Caregivers
- Care Management Support
- Senior Support Services

Key partners involved in this effort include Senior Citizens, Inc., the YMCA, Kroger Pharmacies, AARP Tax Aide, Silver Sneakers/Axia and local vendors provide lunch on site each Tuesday.

Since opening in September 2006, 1,800 seniors are members as of April 2007 which exceeded projected participation. Classes are all full with waiting lists. Expansion is already needed. The key elements that make this program work are community need and involvement as well as the commitment of all partners involved.

For more information about this project, contact Vickie Balance, Center Director at 615-646-9622 or by email at [vballance@scitn.org](mailto:vballance@scitn.org)

The website is: [www.scitn.org](http://www.scitn.org)